

Lifestyle Enrollment Procedure

The LifeStyle Centre staff would like to welcome you and thank you for choosing the LifeStyle Centre as your fitness facility. For over 30 years the LifeStyle Centre has been providing Lubbock and the surrounding communities with the best fitness facilities around.

The enrollment process requires forms to be completed before starting your membership and exercise program with us. By completing the paperwork and going through our entry evaluation process we can provide you with the best and safest program for you and/or your family.

Our enrollment process consists of completing two forms and scheduling an entry evaluation with one of our fitness specialists.

1. Complete the Enrollment Information Packet, which contains contact information and the Physical Activity Readiness Questionnaire form.
 - If you answer "Yes" to either one of the two questions on that form, a Medical Clearance letter will need to be completed by your physician.
2. Once all the required enrollment paperwork has been received by the Lifestyle Centre, an Entry Evaluation will be scheduled at your earliest convenience.
 - At the scheduled time of your Entry Evaluation please arrive about 10 minutes early.
 - If arriving 15 minutes later than your scheduled appointment time, a new appointment date and time will need to be scheduled.
3. Membership dues will be pro-rated from the enrollment/start date until the next billing cycle. The cost of Enrollment is \$20.00 and will be collected during the entry evaluation or on the start date.

Once you have completed your Entry Evaluation, we encourage you to start your new Way of Life and participate in any of our group exercise programs or exercise on the many pieces of equipment that we offer. We are here to provide guidance and encourage you to Better Health.

Previous members restarting within a year would pay \$25 for each individual to reinstate memberships.

The Swimming pool and outdoor track close 30 minutes prior to closing time.

Guests must be accompanied by a member unless the guest has a Free One Day pass.

Parents/guardians must always accompany children ages 12-16.

Prices are subject to change without notice.

Hours of Operation as of October, 2023:	
Monday-Thursday	5:30am-10:00pm
Friday	5:30am-8:00pm
Saturday	8:00am-5:00pm
Sunday	1:00pm-6:00pm